

The Awareness Journal

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One of the most important aspects of life coaching is helping our clients become more conscious or aware of themselves, their surroundings, and others. This can be difficult for many people who have spent most of their lives in unconscious reaction mode. Asking people to really understand themselves can be confusing, and overwhelming.

I like to use a journaling tool to help my clients become more aware. I ask them to check in with themselves throughout the day to see how they are feeling. I have them check emotions as well as physical feelings and to note those feelings. Their task is to get it all down in a journal without judgment and with some minor details regarding what was happening at the time they experienced their feelings.

Next, I have the client start to become aware of their thought processes around their feelings. After they are aware of experiencing a feeling they ask themselves, "What am I saying to myself right now?" They listen to their response and they write it down without judgment. I tell my clients "Just sit back and observe yourself. See what's going on for you. Watch yourself as if you are watching a film. What's happening to the character in the film? Why are they feeling that way? What are they saying to themselves about the situation?"

My clients bring these observations in and we talk about them. It allows them to process their awareness in a safe, non-judgmental space. I often tell my clients that there are no such things as wrong or bad feelings. Feelings and emotions are indicators of what we are experiencing in the moment. Understanding these experiences consciously allows us to choose how we respond versus simply reacting in the moment.

Once my clients have a good handle on their thoughts and feelings, I ask them to extend this awareness to how they are showing up in the world. I ask, "What happens when you say those words to yourself? How do you feel and then how do you show up?" You may recognize this as the **Breakthrough Laser Coaching** tool that you learned during your iPEC training. This tool is one of my favorites and I find it particularly useful when my client is very aware of their own thoughts and feelings.

The awareness journal allows your client to slowly have awareness around themselves and why they might be behaving the way they do. This awareness comes slowly and without judgment. You as the coach are simply holding space for your client and allowing them to build awareness for themselves. You can guide them through powerful open-ended questioning while acknowledging and validating their experiences.

Clients can capture the details in a paper journal or do so digitally. Either is completely fine—whatever works best for them. This tool asks your client to get really present in the moment to gain self-awareness. This awareness helps them raise their consciousness as well as their energetic level.

Credit: The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.